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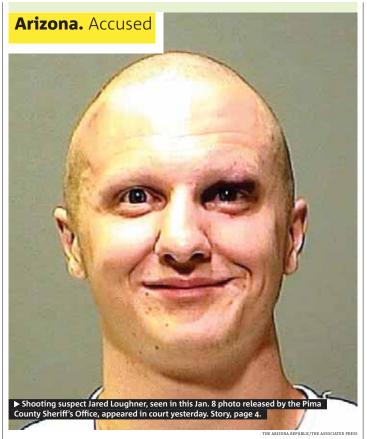
DEVASTATED **SCARJO REACTS TO RYAN AND** SANDRA (page 10)



Tuesday, January 11, 2011 www.metronews.ca



News worth sharing



Loughner has first day in court

Mayerthorpe inquiry begins

Mother of slain Mountie asks coroner for straight talk (page 3)

Applying themselves

University-application season looms over teens' heads {page 16}

Need a taxi? Find a hydrant

• Concept could provide stalls for up to 200 taxis • Current taxi stands would be removed, opened to short-term business parking

Parking space reserved for fire hydrants could be used to boost the number of taxi stands in Calgary's downtown core.

Troy McLeod, the city's traffic manager, has begun discussing the concept of open-ing nearly 140 spaces where hydrants are located and parking is prohibited to taxis.

"The premise is this space is not used during the day, generally," he said. "It's for emergency purposes only." Calgary fire spokesperson Brian McAsey

said the organization has been made aware of the concept and is awaiting more information and consultation.

"There will be a lot of considerations for the fire department, but we're not naysayers if they can make it work," he said.

Lakhvir Dehal, manager of Calgary's Delta Cabs, is in favour of the concept. He estimated that 70 per cent of the company's business comes from the downtown core, and he said that better infrastructure is needed to meet customer need.

"Drivers are always in the vehicles at the stands, so they would be able to move if required," he said.

Revenue upside

There are currently 61 taxi stalls in the downtown, provided for free by the city.

- City traffic manager Troy McLeod estimates turning current taxi-stand space into shortstay public parking could provide the city with up to \$500,000 in annual revenue.
- More than 6,500 parking tickets for fire-hydrant violations are issued every year, but fewer than 300 tickets for taxi-stand violations were issued last year, McLeod said.

McLeod said the city is also looking into using GPS technology in taxis to provide drivers with notification if they need to make way for fire crews.

Caralyn Macdonald of the Calgary Downtown Association said the idea would create more options for commuters.

"Some people take transit downtown but then need to take a taxi for a quick meeting," she said, "so this would really help." peremy nolais













































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RCMP shoot dead robberv suspect in **Canmore**

RCMP have shot and killed a man suspected in a string of armed robberies in Canmore. Sgt. Patrick Webb says the man is believed to have been in his 60s.

He was suspected in three armed robberies over the last three days in the town at the entrance of Banff National Park. All the robberies involved the culprit displaying a handgun.

Webb says the suspect was driving down a main street in Canmore yesterday when he was spotted by RCMP, who then attempted to stop the vehicle. However, it didn't stop until another police vehicle was used to block it.

"The suspect presented a handgun in a threatening manner as he exited the vehicle," said Webb. "The two RCMP members then discharged their firearms at the suspect."
THE CANADIAN PRESS

Hearing planned over fluoridization

The public will have a chance to have their say on fluoride, with council voting yesterday to refer the discussion to later this month.

A public hearing will be held at the standing policy committee on utilities and environment on Jan. 26. Ald Gael MacLeod said she favours a public hearing on fluoridation, but said she fears some of her colleagues have already made up their minds.

"I think when people have expressed their opinion when they go into a public hearing, then it begs the question or the point of a public hearing," she said. • KATIE TURNER



Grace Johnston, left, mother of slain RCMP Const. Leo Johnston, greets Doreen Jewell-Duffy, mother of murdered RCMP Const. Anthony Gordon, at the provincial court in Stony Plain yesterday.

Death came in '10 to 15 seconds'

Mother of slain Mountie asks coroner whether her son suffered on the first day of a fatality inquiry into the 2005 Mayerthorpe killings

Alberta Mounties shot dead by a gunman sought reassurance from the coroner on the first day of an inquiry that her son didn't suffer.

"How soon before he would have died?" Grace Johnston, tears catching her voice for long pauses, asked Dr. Bernard Bannach.

Bannach told her that Const. Leo Johnston was shot four times. One of the bullets slammed into his back, severed his spine, hit a lung, then the heart, and shattered into three fragments, some of which

came out his cheekbone.

"It would have stopped his heart immediately,' Bannach told her.

There was enough oxygen in the brain for another 10 to 15 seconds. After that he would have passed out and would have been clinically dead."

"Ten to 15 seconds," Johnston repeated back to

"Ten to 15 seconds."

Johnston, 32, along with fellow constables Anthony Gordon, Peter Schiemann and Brock Myrol, was ambushed March 3, 2005, by James Roszko in a Quonset

Delay

The fatality inquiry, mandatory in all such deaths, had been delayed until now while other court proceedings were ongoing, including the conviction of two of James Roszko's accomplices, Shawn Hennessey and Dennis Cheeseman.

hut on his property near Mayerthorpe.

Gordon, standing at the entrance to the hut when Roszko opened fire, was shot twice through the torso. One shot, said Bannach, went through his back and hit his heart, killing the 28vear-old married father of two almost instantaneously. Johnston and Schiemann were halfway into the hut. It's believed Roszko was hiding behind barrels at the back of the structure.

Johnston, an ace marksman, was the only one to get a shot, although the bullet pinged off the butt of a handgun tucked Roszko's waistband.

Bannach also testified that Roszko killed himself with a shot to the heart. THE CANADIAN PRESS

news



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On the web at metronews.ca

Allan Small questions why stock markets aren't keeping up with the good economic news. More at metronews.ca/ investing



SOUTHERN SUDAN

Clooney gets political

Actor George Clooney who has been active in Sudanese issues for the past five years, is working to help the region avoid a backslide toward war.

'Our job is trying to keep this

Model

murder

A Portuguese model was

arrested on charges of sec-

ond-degree murder in the

slaying of a celebrity Por-

tuguese television journal-

ist found castrated and

New York City hotel,

police said yesterday.

THE ASSOCIATED PRESS

bludgeoned to death in a

on the front burner of the news," Clooney said.

The Hollywood star has been a whirlwind in the scruffy straw-hut capital of Southern Sudan as its weeklong independence referendum gets off the

ground. Clooney has also had two meetings with President Barack Obama on Sudan and has persuaded reporters from NBC, CNN, Newsweek and other outlets to focus on the country. THE ASSOCIATED PRESS

A hotter charged in journalist's version of Earth?

A NASA telescope has found the smallest planet outside our solar system and it is rocky just like Earth. But it is way too hot for any life. The planet is called Kepler 10-b after the telescope that found it. The reason it's so hot is that it is 20 times closer to its star than Mercury is to our sun. THE ASSOCIATED PRESS

Suspect in Arizona killings appears in court



Jared Loughner could face life in prison or death penalty, says judge

Jared Loughner, the 22-yearold loner accused of trying to assassinate U.S. Congresswoman Gabrielle Gif-fords and killing six others, appeared in court yesterday with his head shaved, a cut above the right temple and his hands cuffed

Loughner was represented by Judy Clarke, who defended "Unabomber" Ted Kaczynski and Al-Qaida operative Zacarias Moussaoui

As authorities filed the charges against Loughner, they alleged he scrawled on an envelope the words "my assassination" and "Giffords" before he took a cab to a shopping centre in Tucson, Ariz., where the congresswoman was meeting with constituents.

The hearing came a few hours after U.S. President Barack Obama led the nation in a moment of silence

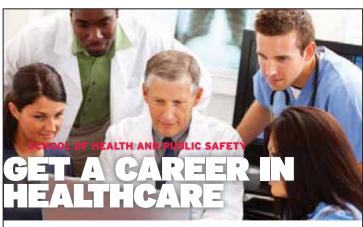
Jared Loughner

A military official in Washington said the army rejected Jared Loughner in 2008 because he failed a drug test.

The official spoke vesterday on condition of anonymity because privacy laws prevent the military from disclosing such information about an individual's application.

for the victims and their families.

Giffords, 40, lay in intensive care at a Tucson hospital, after being shot in the head at close range. Doctors said she had responded to commands to stick out her two fingers, giving them hope she may survive. THE ASSOCIATED PRESS



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Record labels on track to settle lawsuit

Class-action sought \$50 million in unpaid royalties

Court must still approve proposed resolution

Canada's four major record labels have tentatively agreed to pay about \$47.5 million to resolve a class-action lawsuit involving a number of groups representing the interests of songwriters and music publishers.

In 2008, the estate of American jazz great Chet Baker launched the suit claiming the labels had not paid the proper royalties for music on the industry's so-called pending list.

The hundreds of thousands of works on that list were released before royalties were arranged, with the expectation that the paperwork and payments would eventually follow.

At the time the statement of claim was filed, the plaintiffs alleged more than 300,000 titles were on the pending list with

The class-action suit was filed in 2008 against four major record labels: EMI Music Canada, Sony Music Entertainment Canada, Universal Music Canada and Warner Music Canada.



\$50 million in unpaid royalties outstanding.

The allegations in the class-action suit were not tested in court and the set-tlement does not include any admissions of liability or wrongdoing.

The agreement announced yesterday was applauded by both sides and

(13.245.12)

also includes a new arrangement to expedite future payments of royalties.

"This is a very positive outcome for all parties," said Graham Henderson, president of the Canadian Recording Industry Association, in a statement on behalf of the record labels.

David Basskin of the Canadian Musical Reproduction Rights Agency said all sides are happy to resolve the matter.

"I'm not here to point fingers ... We're really happy this is getting resolved, we worked for many years to get it resolved," he said.

The proposed settlement will go before the Superior Court of Justice in Toronto on Feb. 15., at which time any objections to the deal will be raised.

THE CANADIAN PRESS

T5X | Dollar | Oil | Natural gas | 1,000 cu ft | \$4,408 | (-1,4¢) | Gold | contracts | \$1,374.10

(100.68¢ US) (\$89.25 US)



Hefner takes Playboy private

The publisher of Playboy magazine said yesterday that it has agreed to a sweetened offer by founder Hugh Hefner to take the company private. The offer values Playboy at about \$207 million US. A group led by Penthouse magazine has also made an offer for Playboy Enterprises Inc., valued at \$210 million US.

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SEEKING HOT SHOWER AND A GOOD SALAD



Being an immigrant in our wonderfully diverse nation is not exactly a novelty. You could ask 10 strangers on the subway about their heritage and nine would identify themselves as Canadian slash something or other.

owever, unlike all of those "My great grandmother was from Manchester and even though I've never been there I totally identify myself as part English and that's why I pronounce it *leisure* not leeee-sure' individuals, I'm actually British. I was born and raised in England until the age of 12 when I moved to Canada for the superior orthodontic work.

As a Limey expat it's my duty to go back every couple of years to visit cousins and eat copious amounts of Cadbury chocolate. Last weekend I returned from a

Christmas pilgrimage across the pond and even though I had a jolly good time I am very (VERY) glad to be back.

There is something to be said for the comforts of home, specifically the modern North

American luxuries we take for granted like central heating, efficient snow removal services and artisan salads

The British have never been known for their outstanding cuisine but thanks to globalization

and Jamie Oliver the food situation in England has improved significantly over the past 10 years. However, meat pies and breaded stuff with chips still

seem to be menu staples at most U.K. eateries. Ten days straight of greasy Full English breakfasts washed down with lager has left me feeling bloated and on the brink of contracting scurvy.

But I can live with the vitamin

deficient dietary options - what I really have trouble with is the plumbing.

Many of the country's historic buildings date back to the 11th century and as such, bathrooms (ahem, I mean loos) across

England are hundreds of years older than Canada.

Think about that for a minute. Most of these medieval amenities have been designed with a four-foot-tall peasant in mind. A standard issue sink comes up to your kneecaps, bathtubs only really fit one leg at a time and you are more likely to bump into a Spice Girl on the underground than find a shower with decent water pressure.

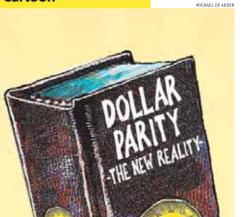
So, next time you're complaining about the wind chill factor just remember, it may be cold in the Great White North but you can always find a restaurant that serves broccoli and go home to a nice hot shower.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon





Worth mentioning

Spending cuts, rising unemployment, dour winter weather - it's not a good time to ask voters how

happy they are. But that's just what British Prime Minister David Cameron is doing as part of a pledge to improve Britons' lives beyond pure financial gain in the wake of the global recession. Government

statisticians will this year begin measuring the country's well-being, and yesterday they released details from initial consultations on what the new index should measure and how it should be measured.



"Most of these

medieval

amenities

have been

designed with

a four-foot-tall

peasant in mind."



Job security, relationships with families and good health topped the list of indicators that Britons believe are most important.

Apparently stung into action by a recent poll that ranked Britain 13th among 22 European countries in terms of life satisfaction, Cameron ordered his government to find

ways to make everyone happier.

Cameron's happiness drive follows a similar move two years ago by French President Nicolas Sarkozy, while Canada has also developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan in the early 1970s. THE ASSOCIATED PRESS

What's your favourite part of the day? Why? **Email** calgaryletters @metronews.ca **Twitter** @metrocalgary

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Metro Minute at Grotto art exhibit

Looking for contemporary art in Calgary?

The Grotto contemporary art exhibit by Calgarian artist Jenine Marsh is continuing today in the Truck gallery's plus 15 win-

In addition to Marsh's exhibit. Truck is also home to works from Henri Focillon, and G. Kubler. The Second Story Art society, also

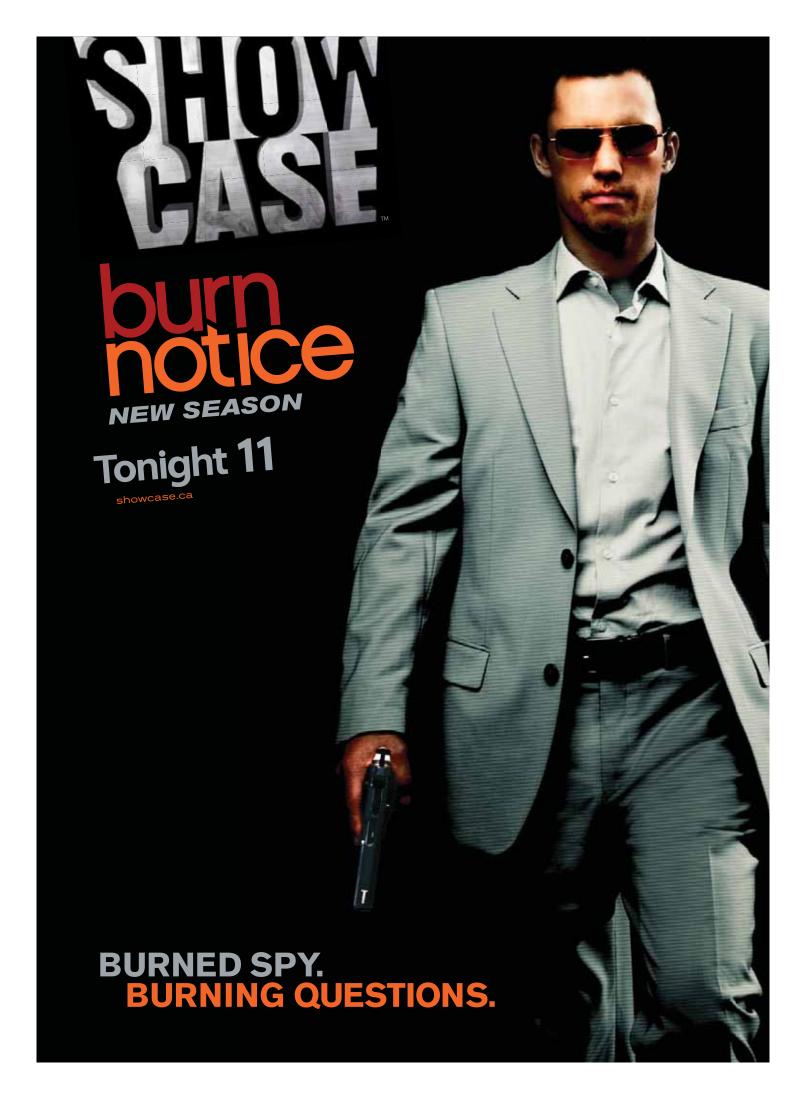
known as Truck, has been presenting programming and inspiring minds since its opening in 1983.

Grotto began Dec. 9 and will run through to Jan. 27. The closing reception for the exhibit will take place

Thursday at 7 p.m.

The plus 15 exhibit is open to the public and admission is free.







News in brief



The Kardashian sisters have been sued by a California company that created a prepaid debit card that endorsed the reality show starlets.

The Fresno Bee reports that Revenue Resource Group LLC filed suit in Fresno County Superior Court last week against Kim, Khloe and Kourtney Kardashian

The sisters pulled out of the endorsement deal in November under criticism over the card's fees. The company's lawsuit claims they broke their contract and cost company at least \$75 million in losses.

THE ASSOCIATED PRESS



TV star goes back to his musical roots

♠ Known for his roles in The Wire and Fringe, Lance Reddick shows off his jazz skills ♠ Actor had originally wanted to be a rock star

Lance Reddick hopes his knack for picking hits in the television realm translates to his music career.

Reddick recently released his first album, Contemplations and Remembrances. The record has a jazzy flair that Reddick has worked on for more years than he cares to remember.

Although he's best known for his role as Lt. Cedric Daniels on the hit HBO series The Wire and currently stars on the Fox series Fringe as agent Phillip Broyles, Reddick, 41, is also a musician. He attended the prestigious Eastman School of Music, where he studied classical composition, and plays piano. Back when he was young, married and raising a child, Reddick found work as an actor, but never forgot his dream of becoming a recording artist. So with a little prodding, and a lot of time to contemplate. Reddick is proudly embarking on a recording career.

Which came first, music or acting? I'm assuming it was music. Absolutely. Growing up I never imagined I would be an actor.

What gave you the courage to pursue a music career?

I grew up studying music. I went to conservatory. When I grew up I thought I was going to be a classical composer, and then I left music school because I was

in denial because I wanted to be a rock star. I started acting after a few years of struggling.

What were the struggles?

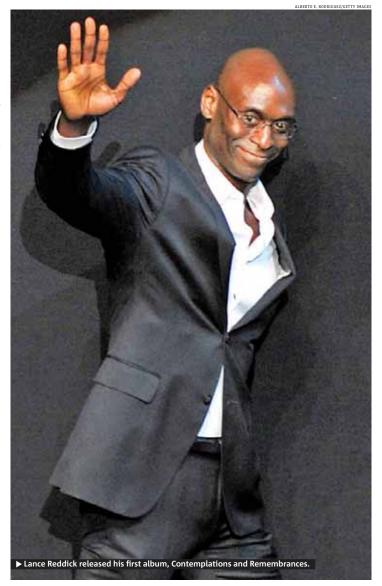
I got married straight out of school. I started acting, almost on a whim to help my music career. There were songs I had written from while (I was) in my 20s. ... I would sing them around the house from time to time. My daughter said to me one day — this was about 10 years ago — "You should do something with that." I said, "Sweetheart, I think I'm too old." She said, "Daddy, that sounds like an excuse to me."

There seems to be a stigma when actors embark on a music career. How do you address that?

I'm aware of the stereotype. I was a musician first. It's tough. I'm not really into defending myself because for me with this particular project, the music speaks for itself. It's mostly jazz, it's so not a mainstream thing. For me if people like it, they like it. If they don't, they don't.

You said you wanted to be a rock star. What made you lean more toward jazz?

My style of writing never quite fit. It always seemed that what I wanted to do was a little more sophisticated than what was mainstream. THE ASSOCIATED PRESS





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Depp needs his private island

Johnny Depp says owning an island in the Caribbean is more than just a luxury — it's a necessity.

"The island might sound extravagant but I need somewhere I can breathe easily or just sit around and chat without

someone taking my picture," he tells Red Bulletin magazine.

"Sometimes I'd like to run away screaming from our technology-obsessed world, the invasive media, the madness of reality TV," he says. • METRO



Scarlett miffed at Ryan-Sandra talk

Source says actress upset that her ex-husband was spotted with a new woman so soon after breakup

There's at least one person who reportedly isn't happy to hear rumors about Ryan Reynolds and Sandra Bullock getting cosy, and that's Reynolds' estranged wife, Scarlett Johansson.

"Less than a month after they split that fool has gone and got himself photographed with (Bullock) on New Year's Eve of all days. Of course she is devastated," a source explains to Popeater. "Even if they are not a couple yet, this is very awkward for Scarlett. She too thinks of Sandy as a friend and hates the thought that Sandy is on team Ryan after the breakup, that is if she isn't already his girlfriend."

Reynolds and Johansson were married on Sept. 27 2008 and announced their separation on Dec. 14, 2010. • METRO



Celebrity tweets



Adam Lambert [@adam lambert] Woah I lost some

followers yesterday cuz I had a valid opinion about a tv show. Hahah.



Kathy Griffin [@kathy griffin] I swear Zac

Efron said to me "you can touch it". Ok, ok, he was talking about his haircut...



Spade [@David Spade] Playing

tuck in rocks for 127 se onds. Almost died



Steve Martin [@Steve-MartinTo-Go] | paid a

lot of money to go on vacation on a private jet, but it has a PILOT. • METRO





When being clean becomes unhealthy

▶ Rates of depression in younger people now outnumber rates in older people ▶ Find out why experts are linking over-sanitization with mood and what you can do to change it all



It turns out those multiple organisms are good for us. Today's shiny, clean environment is being blamed for higher rates of depression in young people.

The more hygienic our environments, the more we are deprived of bacteria and other micro-organisms that live in our gut.

Our immune systems used to rely on these harmless bugs to keep us healthy.

Experts call these healthy bacteria "old friends."

"Introducing 'old friends' might lower the depression rates we're seeing now, especially in young people," says Meher

Statistics

Who is more prone?

Stats Depression is more common in women. Major depression can occur in 10 per cent to 25 per cent of women; this is almost twice as many women as men.



Shergill, a dietitian at the Centre for Mental Health and Addiction in Toronto.

There hasn't been a huge change in our genes over the last few generations to explain the higher rates of depression, so it must be our environment.

nust be our environment.
Depression rates are

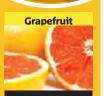
lower in people who live in the country — who are still exposed to soil, animals, feces — than in people who live in squeaky-clean cities. Dirt helps promote anti-inflammation in our bodies. And inflammation in the cells is linked with depression.

"There is now such a huge movement towards people being scared of germs. I understand, but people need to realize there should be moderation there."

"We're overly sanitizing everything so we're losing exposure to bacteria that helps our immune systems. We need to give our bodies a chance to be exposed to harmless, small amounts of bacteria," says Shergill.

Rates of depression in younger people now outnumber rates of depression in older people.

life



Wintertime comfort meals are often rich and heavy and therefore unkind to our digestive systems. Help digestion with the citric acid in grapefruit. It promotes an alkaline environment, which is an ideal state for absorption.



dementia decade before onset: study

Your food dictates mood

Add more probiotics and omega-3s to your diet to boost your chances against depression

depression.
"Nutrition plays a huge role in helping alleviate depression," says Meher Shergill, a dietitian at the Centre for Mental Health and Addiction in Toronto.
"It is very, very connected; it is crucial."

Shergill warns that our clean environment is raiding us of the healthy bacteria our immune systems need to fend off swelling in

"Probiotic yogurt is one channel, and another is oral supplements or natural foods fermented with bacteria such as kefirs or cabbage"



our cells that can lead to disorders like depression. How can you re-introduce healthy bacteria?

"Probiotic yogurt is one channel and another is oral supplements or natural foods fermented with bacteria such as kefirs or cabbage."

She also suggests foods rich in omega-3 fatty acids,

such as salmon, herring, sardines, anchovies, shell-fish, omega-3-enriched eggs, flaxseed, flax oil, canola oil, and soybeans.

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Penny-pinching wines



Whoever said that life was too short to drink cheap wine obviously never saw my bank balance.

Now, don't get me wrong. I have a neverending appreciation for expensive booze — and an insider's understanding of why it costs so much — though, on my

budget, two bottles of pretty good wine often taste better than one bottle of really good wine.

I bet you think that Jersey Shore's

Snooki has a better chance at a Nobel Prize than you do finding a bottle of something that's both drinkable and economically-priced at your local liquor store. The good news is that

The good news is that that there's lots of great juice out there at 11 bucks and under — especially from climate-consistent New World countries like Argentina, Chile, South Africa and Australia.

Last week, I predicted the Aussies would rise again in 2011 thanks to their unique geography and over-the-top winemakers.

As true as that is, wellestablished (and seemingly innocuous) wines from Down Under's humungous conglomerates offer some of the best values you're going to find on shelf.

Lindemans' 2009 Cawarra Shiraz Cabernet (\$9.95 - \$10.99) is a favourite cheapie thanks to its ripe red berry fruit, jammy mid-section and surprise long lasting flavour.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAIL-ABLE IN ALL PROVINCES.



This dish combines quinoa, chicken, mushrooms & sweet potato

Despite quinoa's rise in popularity, most people still are trying to figure out what to do with the grain.

This casserole recipe uses its nutty flavour and grainy texture to contrast the earthy and sweet flavours of a mushroom and Marsala sauce.

Preparation:

- With a fork, pierce the sweet potato all over (6 mins). Microwave on high until cooked and soft. Set aside to cool. Heat the oven to 375 F.
- In a large skillet over medium-high, heat the oil. Add the mushrooms, garlic, thyme, onion, 5 ml (1 tsp) of the salt and pepper, then sauté until the mushrooms have released most of their liquid and are beginning to brown and the onion is soft and translucent.
- Add the chicken and cook until it is browned and almost cooked through, about 8 minutes. In a bowl, mix together the Marsala, cornstarch and the cream. Add to chicken, then bring to a simmer. Cook for 2 minutes.
- Arrange the chicken and vegetables in a layer over the bottom of 2-litre casserole dish. Set aside.
- Peel the sweet potato, discarding the peel. Smash the sweet potato and mix in the quinoa, the remaining 2 ml (1/2 tsp) of salt, and the eggs and nutmeg. Spread this mixture over the top of the chicken and mushroom mixture. Sprinkle with Parmesan cheese and bake for 20 to 25 minutes.

THE CANADIAN PRESS



Ingredients:

- 1 medium sweet potato
- 30 ml (2 tbsp) olive oil • 341 ml (12 oz) crimini
- mushrooms, sliced
- 2 cloves garlic, minced • 45 ml (3 tbsp) fresh thyme leaves, chopped
- 1 large onion, chopped
- 7 ml (1 1/2 tsp) salt, divide
- 2 ml (1/2 tsp) ground black pepper
- 2 boneless, skinless chicken breasts, cubed
- 250 ml (1 cup) Marsala wine
- 15 ml (1 tbsp) cornstarch
- 125 ml (1/2 cup) heavy cream
- 1-l (4 cups) cooked quinoa
- 2 eggs
- Pinch nutmeg
- 125 ml (1/2 cup) grated Parmesan cheese

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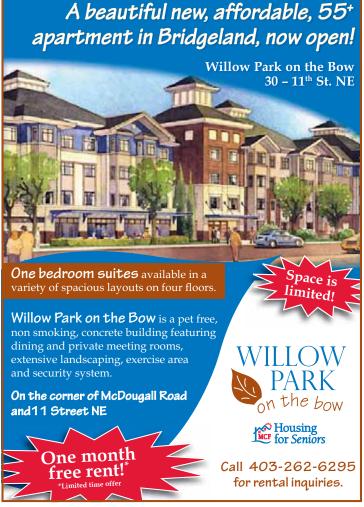
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Current city: Calgary

Together since:

Their story: I (Melissa) met Ryan in my senior year of high school in psychology class.

He was a year younger, so I had never seen him before until that class.

At the time, I thought he was cute, but he was interested in my best friend (as was she in him!) so I was rooting for them from Day 1.

I was also dating someone at the time, so we decided to double date.

Both of our relation-

ships ended shortly thereafter, and that's when we became close friends.

After only a month of being friends and getting closer, he asked to be my boyfriend.

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Angela says ... The easiest solution is to throw money at the problem and hire a decorator who can navigate both your tastes with impartiality. Failing that — since we don't all live in a fantasy world — you'll need to find pieces you both agree on, plus some pieces that are his faves and some that are yours. The mix will be unique, just like vour relationship.

Two crucial tips if you end

up going down the DIY road with each partner contributing to the process: 1) Budget for triple the amount of time it would normally take one of you to finalize a decor decision; and 2) Be prepared to make sacrifices to keep your marriage intact, so long as his choices are not crimes against design.

You won't love everything he chooses, but you will need to let him make some choices if you want to avoid possible blow-ups.

Decorating together is not an easy process nor is it fast, but the sense of accomplishment at the end is rewarding.

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YOU VOTED! THE TOP 10 MOVIES OF 2010 ARE:

- Inception
- Harry Potter & the Deathly Hollows
- Toy Story 3
- The Social Network
- Let Me In
- Scott Pilgrim vs The World
- Clash of the Titans
- Get Him to the Greek
- Restrepo
- 10 The Other Guys

To see more Top 10's of 2010, visit metronews.ca/top10

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents



Prepping for the tax push

ON MONEY

ALISON GRIFFITHS





you have two extra days to file your tax return - until May 2nd at midnight, to be exact. But I'm prodding you into action early

so you have ample time to

organize your documents

To help prepare you for the big tax filing event, H&R Block Canada's tax

advisory service has addressed some of the most common concerns among 2.000 online questions from 2010.

and maximize your de-

Missing slips Employers must file T4s with the Canada Revenue Agency. If yours doesn't turn up and the employer isn't helpful, call the CRA for a

Your premium travel

copy. Don't delay until mid-April, or you'll be waiting in long telephone queues and the slip might not arrive by the

Self-employed deduction It's all about one word – reasonable. Don't try to write off 50 per cent of your mortgage interest if vour home office is in a 10-by-10 corner of the

Office parking It's a no-go as a deduction for most employees. There are some exceptions so make a call to the CRA to determine if you are among them

Common-law status After 12 continuous months of living together you're a couple, according to the CRA. Do state your status correctly as benefits and some tax credits are determined based on household income. The CRA could ask for re-payment if you fudge the

Inheritances: There is no inheritance tax in Canada but if you received stocks, mutual funds or other investments in the settlement of an estate you might have capital gains or losses. Investments are deemed to have been sold on the date of death.

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Interest rates/

Savings accounts BANK CIBC HSBC 1.00% 1.50% 1.25% 1 35%

2.00%

1.25%



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News worth sharing

Find your career path

▶ Take this quiz to find out which post-secondary institution might be right for you ◆ Questions to ask yourself

If you don't know exactly where to go when you leave high school, you're not alone.

"Career development is a journey and some move along that journey more quickly than others. But for everyone it involves developing yourself personally, socially and academically in the area of work which you choose," says Rola AbiHanna, guidance consultant with the Nova Scotia Department of Education in Halifax.

But the message is clear for anyone graduating from high school: A good education or training is essential in today's competitive job market.

Here's a quiz to help you determine what postsecondary route might best suit your circumstances, strengths and needs. For each of the following questions, select the answer A, B or C that describes you best. A) Your parents have contributed to an education fund or you qualify for scholarships.

B) You have savings from a part-time job and can live at home.

C) You have some funds reserved for necessary job training.

A) You got mostly A's and B's in high school, are studious, love to read and have strong problem-solving skills.

B) You did fine in high school but prefer less emphasis on academic achievements.
C) You may have done well academically in high school but your passion is using other talents such as working with your hands.

A) You're adventurous and want to move away from home.
B) You need to stay close to home for

personal reasons. C) You don't care where you have to move to complete your chosen program. A) You expect your education will eventually give you an edge in terms of earning power.

B) You hope your education will provide a secure job, even if it's not the best paying.

C) Your main goal is to develop skills that are marketable and perhaps portable.

A) Your slate is clear so you can devote all your time to educational pursuits.
B) You have a parttime day job so taking night courses would best fit your schedule.

C) You may already be working in a particular field but need more training for accreditation.

A) You prefer a theoretical approach to learning. B) You don't mind some theory but need some practical knowledge as well.

C) You thrive in a hands-on learning environment.



A) There's no doubt in your mind that you want to get that degree.

B) Your heart is set on a specific area, and it doesn't matter much

and it doesn't matter much what route you take.
C) You need training in a particular field.

A) Large classes don't bother you. In fact, they give you a chance to meet other students and to exchange ideas.

B) You prefer small classes where professors can deal with you on a one-on-one basis.
C) Class size does not enter in-

to the equation as you expect most of your time in a postsecondary institution will consist of hands-on training.



Answers

 If you answered mostly A's: University may be in your future. They offer a solid theoretical education and varied social experiences. While they can be expensive, you may be eligible for bursaries, scholarships and/or student loans.

If you answered mostly B's: You might be a great candidate for community college. Hands-on training is the driver here. The cost is usually lower than university, and small classes allow professors to better communicate. Optional night courses and distance learning might allow you to have a day job. Many colleges are becoming finishing schools. You get a university degree, then take post-graduate training at a college in a specific field.

If you answered mostly C's: Your best bet might be a career or technical college. These privately owned schools offer shorter-term programs so they are a good bet if you know exactly what you want to do career-wise, and you're willing to pay for it (career colleges can be expensive). Trades can be lucrative and rewarding, not to mention portable and usually in demand.

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The future is now

• Deciding what to do with the rest of your life is a big decision • Here's how to choose the best career path for you



With university application deadlines looming, "it's a crazy time," says Dale Callender. "Students are in my office all the time asking what they should

do."
The adviser for Delisle Youth Services at Northern Secondary suggests students make career decisions based on interests, best subjects, family fi-nances and entrance requirements.

Deciding what to do with the rest of your life is "a lot of pressure for a 17- or 18year-old," Callender says.
"Especially when they're afraid of making a mis-

step."
Which is why Blessie Mathews, a career counsellor at the University of Alberta, encourages students

to factor their extracurricular activities into the choice because it's something they love and they've already made connections. "Education is one piece of the puzzle," she adds.

She also suggests talking to people in the field. "Most people looking back find that career paths are more often about opportunities that presented themselves, versus planning."

Unless there's a strong pull in a specific direction. students are advised to enter broad programs, which keeps options open until they can make informed choices based on skills and interest.

It's how Georgia Barrington chose her program. "I was never skilled at math or science, and loved the arts, so a BA seemed the best fit. First-year university feels like high school because you take a variety of subjects. You try different courses to see what you like most.

Some students are paralyzed by the choice of school. Barrington didn't have a preference, since she felt "most General Arts programs at Canadian universities were of a similar standard."

She chose Dalhousie after visiting Halifax because it was so friendly. "Four years is a long time to spend in one town, so you should consider what matters to you."

She also recommends stepping out of your comfort zone. "Don't make a decision based on where your friends or current boyfriend will be. You will make new friends and have a far better experience if you choose a university terms." on your own



Starting over

Not everyone heading

to school is a teenager. MaryLynne Meschino was a senior publishing executive who considered a change even before her company underwent a major shift. After seeing a life coach and taking skills tests (Strengthfinders 2.0 and Birkman), she took the plunge and got an interior decorating degree. Five years later she's an award-winning interior designer.

The biggest obstacle, she says, is the fear of starting over, particu-larly after being wellpaid and well-respected in your previous field. ALEX NEWMAN

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More on getting New year, new start

Take advantage of counseling services for personai issues and recommends Ma jobs, Mary-Ann Owens, a sessional in-structor at the University of Calgary. Or find a mentor for guidance.

Most colleges and uni-

versities provide free career counselling, says Owens, who has taught at both types of institutions in the province.

"It's really a good time to access those services, whether you need assistance with life issues and skills or need to talk to someone about career planning.

Mentoring is good too, and often students don't realize that people will act as mentors and find it a compliment to be asked. Ask people to see you a few times a year (don't expect them to help you every week). Short periods of learning from mentors can help you a lot. Meet them in their office and ask questions you are curious about.

"Mentors can be good resources for your life as well as your career," says

Thinking about role models in your life can be helpful too, she says.

Try to remember the good people in your life that did things in a cer-tain way that you felt their care or intelligence. And think of them as good role models and copy what they did.'

Going to school is a time when you are getting to know yourself. "You can choose for yourself what you want to be. You are starting to define for yourself, who you want to be."

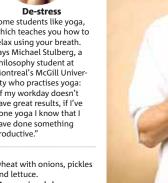
YLVA VAN BUUREN

Sleep and eat

Corinna Wyles-Plumley, a Baking and Pastry Arts Management student at George Brown College in Toronto, is watching the clock so she gets the recommended eight hours of sleep. Eating breakfast also provides a good start to your day and contributes to better skin and hair.

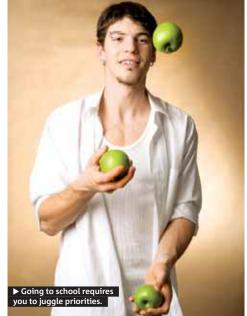


Some students like yoga, which teaches you how to relax using your breath. Savs Michael Stulberg, a philosophy student at Montreal's McGill University who practises yoga: "If my workday doesn't have great results, if I've done yoga I know that I have done something productive."



The new year is always a great time to put healthy, positive habits in

place Here are tips on how to better manage your time, energy and life



Instead of...

- Chips, choose crackers and cheese, or yogurt and fruit.
- A granola bar, choose a low-at version
- Pizza with the works.
- choose pizza with veggies. Double fries, choose a sub on whole wheat with extra vegetables.
- A hamburger with double cheese, choose a hamburger on whole
- wheat with onions, pickles and lettuce.
- Macaroni and cheese. choose the same, but add vegetables.
- A milkshake, choose a fruit smoothie.





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Stop procrastinating

When Guelph University Theatre Arts student Nice Jestadt gets an assignment, he prepares a timeline. When Stulberg finds himself flipping aimlessly through Facebook, "I either take a break, or I commit fully to my essay, designating that time as work time."



Study smart

Kieran McKinnon always studies in the library at Carlton University in Ottawa. "Knowing that people are watching keeps me focused — and not surfing on my laptop." Barrett and friends study together, "teaching each other again what we learned in school."



Get organized

When Alexis Barrett took the Aesthetics program at Seneca College in Toronto, she tacked up a large wall calendar to keep track of tests and assignments. "I had to look at it every day — that really helped me to plan."



Keep active

Students at Dalhousie University in Halifax have their choice of more than 40 fitness classes per week ranging from aquafit to kickboxing to team sports. Says Anne Falconer, coordinator of Group Fitness: "Fitness is a great lifelong habit."



Don't quit

"Many students are enthusiastic at the start," says Hayley Woolley, a graduate of the Aesthetics program at Rinaldi College in Barrie, "but then they let school slide. Following through is definitely important."



Get support

Take advantage of counseling services for personal issues and jobs, recommends Mary-Ann Owens, a sessional instructor at the University of Calgary. Or, find a mentor for guidance.



Innovative courses



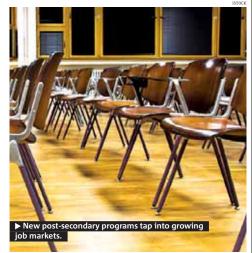
Ever thought of advocating for victims of crime? Interested in drug discovery or being a curator at a museum?

This fall, many new post-secondary programs will serve up these specialties and more.

Some are innovative; others tap into growing job markets such as the environment or health and wellness.

Here is a sample of what's on tap. For more information, visit the schools' websites.

- Master of Public Policy: Students learn to make well-considered recommendations on important questions of public policy (University of Calgary).
- Alternative Energy Technology: Students gain management skills and an understanding of the factors driving growth in this emerging industry (Northern Alberta Institute of Technology).
- gy).
 Master of Management
 Degree: For students with
 bachelor degrees in nonbusiness disciplines (University of British
 Columbia).
- The School of Criminology is offering new



programs: Certificate in Correctional Studies, Certificate in Forensic Studies, Certificate in Legal Studies and Police Studies (Simon Fraser University).

- Indigenous Independent Digital Filmmaking Advanced Certificate: An opportunity for professionals to upgrade their skills in the film industry (Capilano University).
- Design Formation: A hands-on program focusing on architecture and industrial, interior and graphic design (Langara College).

How to apply

Alberta's Education Ministry, applyalberta.ca, lets you apply to multiple public post-secondary institutions through one web portal and authorize transfer of your high school and post-secondary transcripts. The Educational Liaison Association of Alberta (elaa.ab.ca) offers a handy online calendar of deadlines and other application information on their site.

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personal. It's
about him
against myself,
and that's what
it's going to
come down to"
IETS COACH REN RYAN.

ON THIS WEEK'S
AFC PLAYOFF GAME





Oregon comes up short against Auburn in BCS title game

Wes Byrum kicked a 19-yard field goal on the game's final play as top-ranked Auburn beat No. 2 Oregon 22-19 to win the BCS national championship yesterday night. Oregon had tied it 19-19 with 2:33 left when Darron Thomas connected with Jeff Maehl on a tying two-point conversion after LaMichael James scored on a shovel pass.

Heisman Trophy winner Cam Newton and Auburn came right back with a 73-yard drive as freshman Michael Dyer made the key plays. Its is Auburn's first national since 1957.

NHL draft 2011: How Swede it is

♠ A year after being shut out of the first round, Swedes are now making a splash in NHL's rankings
♠ The final rankings will be released in April and the draft will be held June 24-25

The 2011 NHL draft is shaping up to be a big one for the Swedes.

Two Swedish-born players figured prominently in mid-season rankings released by the NHL's central scouting bureau yesterday — Kitchener Rangers forward Gabriel Landeskog was listed as the top North Americanbased skater while Skelleftea AIK defenceman Adam Larsson was

the top-ranked European.

One of the two players could become the first Swede to be selected with the No. 1 pick since the Quebec Nordiques took Mats Sundin in 1989.

It's a change from last year when there wasn't a single Swede selected in the first round in Los Angeles.

"There's no conspiracy here, it's just cyclical," E.J. McGuire, the NHL's vicepresident of central scouting, said in an interview. "It just so happens that it might be a wave or a bump. Maybe there was a blackout in 1991 or something that caused a lot of Swedish hockey babies to be born."

The country has produced 20 first-round picks over the past 10 years — seven of which were taken in 2009, when Tampa's Victor Hedman (No. 2), Phoenix's Oliver Ekman

"This is a pretty even pack. And it's spread around."

Larsson (No. 6) and Edmonton's Magnus Paajarvi (No. 10) led the way.

10) led the way.

Landeskog has travelled a different path than most of his countrymen. After playing a couple games in the Swedish Elite League at the age of 16, he came to North America a year ago

and was named captain of the Rangers this season becoming just the second European ever to wear a C in the Ontario Hockey League.

The move has allowed more scouts to watch him

play.
"It's helped his visibility," said McGuire.

ty," said McGuire.
The 18-year-old leads
Kitchener with 25 goals and
45 points in 32 games.

5 points in 32 g

Melo plays down possible Nets deal

Carmelo Anthony doesn't think a trade to New Jersey is imminent and he expressed remorse yesterday that teammate Chauncey Billups's name has been dragged into this drama.

A day after reports the Nets were closing in on a deal for the Denver Nuggets' all-star forward, Anthony said he doesn't see himself heading to New Jersey any time soon.

"That's my feeling. I don't think so. I don't want to elaborate on that anymore," Anthony said following practice.

THE ASSOCIATED PRESS

Wolski traded to Rangers

The injury-depleted New York Rangers acquired forward Wojtek Wolski from the Phoenix Coyotes for veteran defenceman Michal Rozsival. Wolski has six goals and 10 assists in 36 games this season THE ASSOCIATED PRESS

Messi honoured as best in the world

Lionel Messi's mesmerizing performances for Barcelona outweighed a disappointing World Cup, ensuring the Argentina forward was named the world's best player of 2010. Messi won the FIFA

Messi won the FIFA award for a second straight year, finishing ahead of Barcelona teammates Andres Iniesta and Xavi Hernandez.

"It's a very special day for me," Messi said through a translator on receiving the award at a gala ceremony in FIFA's home city

THE ASSOCIATED PRESS

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	GP	VV	L	OIL	SL	GF	GA	Pts	Home	Away	Last 10	Stri
d-Philadelphia	41	26	10	2	3	137	107	57	13-6-0-2	13-4-2-1	7-3-0-0	W3
d-Tampa Bay	43	25	13	3	2	128	137	55	12-3-1-1	13-10-2-1	6-3-1-0	L1
d-Boston	41	22	12	2	5	117	93	51	9-7-1-2	13-5-1-3	5-2-1-2	W1
Pittsburgh	44	26	14	2	2	138	105	56	14-9-1-0	12-5-1-2	4-4-0-2	L3
Washington	42	24	12	3	3	123	109	54	15-4-2-3	9-8-1-0	6-1-2-1	W1
NY Rangers	43	25	15	2	1	126	107	53	10-8-1-1	15-7-1-0	6-2-1-1	W3
Atlanta	45	22	16	3	4	140	140	51	11-8-1-2	11-8-2-2	3-5-2-0	L2
Montreal	42	23	16	3	0	105	99	49	14-5-3-0	9-11-0-0	4-5-1-0	W2
Carolina	41	20	15	2	4	121	123	46	9-7-1-1	11-8-1-3	5-3-2-0	W2
Buffalo	41	18	18	5	0	113	119	41	9-10-1-0	9-8-4-0	5-4-1-0	W2
Florida	40	18	20	1	1	109	106	38	8-8-1-1	10-12-0-0	4-4-1-1	L3
Ottawa	42	16	20	4	2	93	126	38	9-12-1-1	7-8-3-1	3-4-2-1	L5
Toronto	40	16	20	2	2	105	121	36	9-10-2-1	7-10-0-1	4-6-0-0	W2
NY Islanders	40	13	21	3	3	94	130	32	7-7-1-2	6-14-2-1	6-3-0-1	L1
New Jersey	42	11	29	1	1	78	133	24	7-13-1-1	4-16-0-0	2-8-0-0	W1

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	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Vancouver	41	27	8	3	3	141	99	60	15-3-1-2	12-5-2-1	8-0-1-1	L1
d-Detroit	43	27	11	4	1	149	123	59	13-5-3-1	14-6-1-0	6-3-1-0	L1
d-Dallas	43	25	13	1	4	124	118	55	12-6-1-3	13-7-0-1	5-3-0-2	W1
Nashville	41	22	13	4	2	106	97	50	10-4-3-2	12-9-1-0	5-5-0-0	W5
Colorado	43	22	15	6	0	144	138	50	12-8-3-0	10-7-3-0	3-5-2-0	W1
Anaheim	45	23	18	2	2	117	123	50	15-7-0-1	8-11-2-1	6-4-0-0	W2
Phoenix	42	20	13	6	3	117	120	49	8-5-3-2	12-8-3-1	5-3-1-1	W1
Chicago	44	23	18	2	1	136	121	49	14-10-0-0	9-8-2-1	6-4-0-0	W2
Los Angeles	41	23	17	1	0	124	105	47	14-6-1-0	9-11-0-0	5-5-0-0	W1
Minnesota	42	21	16	1	4	107	118	47	10-10-0-2	11-6-1-2	6-3-0-1	L1
San Jose	43	21	17	4	1	119	118	47	10-7-2-1	11-10-2-0	4-6-0-0	L4
St. Louis	41	20	15	2	4	110	116	46	14-7-0-2	6-8-2-2	5-4-0-1	L4
Columbus	42	20	19	2	1	107	130	43	11-9-0-1	9-10-2-0	4-6-0-0	L4
Calgary	42	18	20	1	3	112	123	40	11-8-0-1	7-12-1-2	4-5-0-1	L3
Edmonton	40	13	20	1	6	101	138	33	7-11-1-2	6-9-1-3	2-6-0-2	L1

d — division leaders ranked 1.2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results Colorado 5 Detroit 4 Phoenix 4 St. Louis 3 Toronto at Los Angeles Sunday's results

Anaheim 1 San Jose 0 Carolina 4 Atlanta 3 (OT) Chicago 5 N.Y. Islanders 0 Dallas 4 Minnesota 0 New Jersey 6 Tampa Bay 3

Tonight's games All Times Eastern

All Times Eastern
Ottawa at Boston, 7 p.m.
Vancouver at N.Y. Islanders, 7 p.m.
Montreal at N.Y. Rangers, 7 p.m.
Calgary at Carolina, 7 p.m.
Phoenix at Columbus, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
Washington at Florida, 7:30 p.m.
Minnesota at Nashville, 8 p.m.
Edmonton at Dallas, 8:30 p.m.
Toronto at San Jose, 10:30 p.m.

Penner, Edm Not including last night's games

12 15

SCORI	MC I	EVD	EDC

Roy, Buf J.Thornton, SJ

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	Roy, Buf	10	25	35	Penner Edm	12

NBA

EASTERN CONFERENCE								
	W	L	Pct	GB				
d-Miami	30	9	.769	-				
d-Boston	28	9	.757	1				
d-Chicago	25	12	.676	4				
Orlando	25	12	.676	4				
Atlanta	25	14	.641	5				
New York	21	15	.583	7:/:				
Indiana	14	20	.412	131/				
Philadelphia	15	22	.405	14				
Charlotte	14	21	.400	14				
Milwaukee	14	21	.400	14				
Toronto	13	24	.351	16				
Detroit	12	25	.324	17				
New Jersey	10	27	.270	19				
Washington	9	26	.257	19				
Cleveland	8	29	.216	21				
WESTERN	NEED	FNC	F					

	W	L	Pct	GB
d-San Antonio	31	6	.838	_
Dallas	26	10	.722	41/2
d-L.A. Lakers	27	11	.711	41/2
d-Oklahoma City	25	13	.658	61/2
d-Utah	25	13	.658	61/2
New Orleans	22	16	.579	91/2
Denver	20	16	.556	101/2
Portland	20	18	.526	11:/:
Houston	17	21	.447	141/2
Memphis	17	21	.447	141/2
Phoenix	15	20	.429	15
Golden State	15	22	.405	16
L.A. Clippers	12	24	.333	181/2
Minnesota	9	29	.237	221/2
Sacramento	8	26	.235	211/2

Sacramento 8 d – division leader Last night's results Charlotte 96 Memphis 82 Houston 108 Boston 102 Chicago 95 Detroit 82

Sunday's results

Toronto 118 Sacramento 112 L.A. Clippers 105 Golden State 91 San Antonio 94 Minnesota 91 Phoenix 108 Cleveland 100 Miami 107 Portland 100 (OT) New Orleans 96 Denver 87 L.A. Lakers 109 New York 87

Tonight's games
All Times Eastern
Milwaukee at Atlanta, 7 p.m.
Indiana at Philadelphia, 7 p.m. Sacramento at Washington, 7 p.m. San Antonio at Minnesota, 8 p.m. Phoenix at Denver, 9 p.m. New York at Portland, 10 p.m Cleveland at L.A. Lakers, 10:30 p.m.

GOLF

PGA

FEDEXCUP STANDINGS (all figures in U.S. dollars)

Rank Name	Points	Money
 Jonathan Byrd 	500	\$1,120,000
2. Robert Garrigus	300	\$635,000
3. Graeme McDowell	190	\$412,000
4. Carl Pettersson	123	\$286,500
4. Steve Stricker	123	\$286,500
6. Matt Kuchar	95	\$201,500
6. Ian Poulter	95	\$201,500
8. Bill Haas	85	\$182,000
9. Jason Day	75	\$162,000
9. Jim Furyk	75	\$162,000
9. Dustin Johnson	75	\$162,000

i	WORLD RA	NKING	
	Through Jan. 9		
÷	1. Lee Westwood	Eng	
i	2. Tiger Woods	USA	
÷	3. Martin Kaymer	Ger	
i	4. Phil Mickelson	USA	
į	Graeme McDowell	NIr	
ŧ	Steve Stricker	USA	
÷	7. Jim Furyk	USA	
i	8. Paul Casey	Eng	
÷	Luke Donald	Eng	
ŧ	Ian Poulter	Eng	
÷	11. Ernie Els	SAf	
i	12. Rory McIlroy	NIr	
÷	Matt Kuchar	USA	
ŧ	Dustin Johnson	USA	
÷	Retief Goosen	SAf	

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

AMIERICAN LEAGUE
BOSTON RED SOX—Agreed to terms with LHP
Hideki Okajima on a one-year contract. Named
Mike Murov assistant for baseball operations,
Tom Allison regional crosschecker for the Midwest, Jon Adkins area scout for the Ohio Valley, Chris Pritchett area scout for Canada, Andy Fox minor league infield coordinator, Chili Davis hitting coach for Pawtucket (IL), Rich Gedman hitting coach for Lowell (NYP),

Nate Field, John Lombardo and Hal Morris pro scouts, Victor Rodriguez scout for the Dominican Republic, Basilio Alvarado Dominican Summer League catching coach, and Oscar Lira Dominican Summer League assistant pitching

coach.
CHICAGO WHITE SOX—Agreed to terms with
LHP Will Ohman on a two-year contract.
DETROIT TIGERS—Named Bill Brown advisor
for team travel and Tyson Steele director of team travel

NEW YORK YANKEES—Named Luis Soio man ager, Jeff Ware pitching coach, Justin Turner hitting coach and Mario Garza coach for Tampa

(FSL).
SEATTLE MARINERS—Agreed to terms with
INF Adam Kennedy on a minor league contract

NATIONAL LEAGUE

CHICAGO CUBS—Claimed C Max Ramirez off waivers from Boston.

CINCINNATI REDS—Agreed to terms with SS Edgar Renteria and OF Fred Lewis on one-year contracts.

Contracts.

PHILADELPHIA PHILLIES—Traded LHP Sergio
Escalona to Houston for 2B Albert Cartwright
SAN DIEGO PADRES—Agreed to terms with
INF Jason Bartlett on a two-year contract.

BASKETBALL

DALLAS MAVERICKS—Signed F Sasha Pavlovic to a 10-day contract.

FOOTBALL

CHICAGO BEARS—Signed WR Onrea Jones and DT Tank Tyler to reserve/future contracts. CLEVELAND BROWNS—Signed QB Jarrett Brown, DL Scott Paxson and DB Ramzee Robinson.

CFL

TORONTO ARGONAUTS—Signed WR Jeremaine Copeland to a contract extension.
WINNIPEG BLUE BOMBERS—Signed DB Alex
Suber and DB Clint Kent to contract extensions.

HOCKEY

COLUMBUS BLUE JACKETS—Recalled G David LeNeveu from Springfield (AHL). DETROIT RED WINGS—Recalled G Joey Mac-Donald from Grand Rapids (AHL), Reassigned G Thomas McCollum from Toledo (ECHL) to

Grand Ranids MINNESOTA WILD—Reassigned D Jared Spurgeon to Houston (AHL). NEW YORK RANGERS—Traded D Michal Roz-

sival to Phoenix for F Woitek Wolski. SIVAL TO PROBENT TOF F WOJTEK WOISKI.
PHOENIX COYOTES—Traded F Wojtek Wolski
to the N.Y. Rangers for D Michal Rozsival.
WASHINGTON CAPITALS—Recalled RW Brian Willsie from Hershey (AHL).

AHL

SAN ANTONIO RAMPAGE—Signed RW J.D. Watt.

SOCCER

MIS

D.C. UNITED-Signed D Rodrigo Brasesco on Ioan from Racing Club of Uruguay

SYDNEY INTERNATIONAL

Yesterday's results

TENNIS

Singles — First Round

Juan Martin del Potro, Argentina, def. Feli-ciano Lopez (6), Spain, 6-7 (5), 7-6 (9), 7-6 (3). Sergiv Stakhovsky, Ukraine, def. Benjamin Becker, Germany, 7-6 (3), 7-6 (6).

Florian Mayer, Germany, def. James Ward, England, 7-5, 6-0. Igor Andreev, Russia, def. Jeremy Chardy,

France, 6-2, 6-4. Frederico Gil, Portugal, def. Jarkko Nieminen.

Finland, 6-2, retired.

WOMEN Singles — First Round

Flavia Pennetta, Italy, def. Lucie Hradecka, Czech Republic, 6- 4, 6-3.

Maria Jose Martinez, Spain, def. Daniela Han-

tuchova, Slovakia, 6-2, 6-4. Victoria Azarenka (7), Belarus, def. Ekaterina

Makarova, Russia, 2-6, 6-2, 6-4. Shahar Peer, Israel, def. Sybille Bammer, Aus-

tria, 6-3, 5-7, 6-1.

Dominika Cibulkova, Slovakia, def. Maria Kirilenko, Russia, 6-3, 6-3.

Li Na (8), China, def. Anastasia Rodionova, Australia, 6-1, 6-2.

Virginie Razzano, France, def. Sandra Zahlavova, Czech Republic, 7-6(4), 6-2. Barboro Zahlavova Strycova, Czech Republic,

def. Nadia Petrova, Russia, 6-2, 6-2. Bojana Jovanovski, Serbia, def. Kaia Kanepi, Estonia, 6-4, 6-4,

Samantha Stosur (4), Australia, def. Yanina Wickmayer, Belgium, 7-5, 6-4. Alisa Kleybanova, Russia, def. Francesca Schiavone (5), Italy, 6-7 (5), 6-1, 6-2. Aravane Rezai, France, def. Jelena Jankovic

HOBART INTERNATIONAL

At Hobart, Australia Yesterday's results

(6), Serbia, 7-5, 2-6, 6-3.

Singles — First Round

Jarmila Groth (6), Australia, def. Johanna Larsson, Sweden, 6-1, 6-3,

Alicia Molik, Australia, def. Sofia Arvidsson, Sweden, 7-5, 6-3. Olga Govortsova, Belarus, def. Sally Peers,

Australia, 6-4, 6-2. Peng Shuai, China, def. Tsvetana Pironkova

(3), Bulgaria, 2-6, 6-3, 6-2, Elena Vesnina, Russia, def. Arantxa Parra

Santonja, Spain, 6-2, 6-1.

Tamira Paszek, Austria, def. Olivia Rogowska, Australia, 6-1, 6-3.

Alberta Brianti, Italy, def. Carla Suarez Navarro, Spain, 4-6, 6-3, 6-4. Klara Zakopalova (5), Czech Republic, def.

Melanie Oudin, U.S., 6-3, 7-6 (3). Bethanie Mattek-Sands (2), U.S., def. Anas-tasia Pavlyuchenkova, Russia, 6-2, 0-0, retired. Alla Kudrvavtseva, Russia, def. Magdalena

Rybarikova, Slovakia, 6-3, 6-4. Elena Baltacha, Britain, def. Tamarine Tanasugarn Thailand 6-3 6-3 Marion Bartoli (1), France, def. Dinara Safina, Russia, 6-0, 6-1.

HEINEKEN OPEN

At Auckland, New Zealand Yesterday's results

Singles - First Round

Santiago Giraldo, Colombia, def. Daniel Gi-meno-Traver, Spain, 6-2, 6-4. Tommy Robredo, Spain, def. Michael Venus, New Zealand, 6-7 (6), 6-3, 6-0. Philipp Kohlschreiber (8), Germany, def. Carlos Berlocq, Argentina, 2-6, 6-3, 6-1.

SOCCER

ENGLAND

FA CUP Third Round Yesterdat's results Crawley 2 Derby 1

SCOTLAND

SCOTTISH CUP

Fourth Round Yesterday's results Rangers 3 Kilmarnock 0

SPAIN

LA LIGA

Yesterday's result Hercules 4 Atletico Madrid 1

NFL

WILD-CARD PLAYOFFS

Sunday's results

Baltimore 30 Kansas City 7

NFC Green Bay 21 Philadelphia 16

DIVISIONAL PLAYOFFS

Saturday's games All times Eastern AFC Baltimore at Pittsburgh, 4:30 p.m.

NFC

Green Bay at Atlanta, 8 p.m. Sunday, Jan. 16 NFC ieattle at Chicago, 1 p.m.

N.Y. Jets at New England, 4:30 p.m.

FOOTBALL

NCAA

BOWL GAMES

BCS NATIONAL CHAMPIONSHIP

At Glendale, Ariz. Last night's result

FIGHT HUNGER BOWL

At San Francisco Sunday's result Nevada 20 Boston College 13

LACROSSE

EAST DIVISION

	GP	W	L Pct.	GF	GΑ	GB	
Toronto	1	1	01.000	13	7	_	
Rochester	1	1	01.000	11	10	_	
Boston	1	1	01.000	10	6	_	
Buffalo	1	0	1.000	9	10	1	
Philadelphia	1	0	1.000	6	10	1	

WEST DIVISION

	GP	W	L Pct.	GF	GΑ	GB
Calgary	2	2	01.000	23	20	_
Washington	2	1	1.500	22	23	1
Colorado	1	0	1.000	10	11	11/2
Minnesota	1	0	1.000	10	11	11/2
Edmonton	1	0	1.000	7	13	11/2
WEEK ONE						

Sunday's result Calgary 13 Washington 11 WEEK TWO

Friday's game
Minnesota at Washington, 11 p.m.

Saturday's game Edmonton at Boston, 7:30 p.m. Buffalo at Philadelphia, 7:30 p.m. Toronto at Rochester, 7:35 p.m. Colorado at Calgary, 9:30 p.m.



Crossword

1 Shoe bottom 5 A billion years 8 Apothecary measure

- 12 Barber's concern
- 13 Biz deg.
- 14 Latvia's capital
- 15 Stretches (out)
- 16 Energized
- 18 TV oldie about
- the Carringtons 20 Relaxes
- 21 Your, biblically
- 22 Jewel
- 23 Astound 26 Camping item for
- two
- 30 D.C. VIP 31 Purchase
- 32 Fish eggs
- 33 Movie snack
- 36 Swear-word 38 Actress Longoria
- 39 Fellow
- 40 All-wise one
- 43 One whose logic is faulty
- 47 "Hush!"
- 49 Margarine
- 50 Admitting
- customers
- 51 Cistern
- 52 Light melody 53 Libretto
- 54 Nay undoer
- 55 Eli's alma mater

- 1 Lean-to 2 Reminiscent of wood, as some
- tem?
- 3 Home security sys-4 Bad substitute

12 13 14 15 16 18 19 20 22 24 25 28 29 26 30 31 32 33 35 38 42 43 45 46 41 47 48 49 50 51 52 54 53

- 5 Devoid of content 6 Do as you're told
- 8 Saw things in the
- 9 Disencumbers
- 10 Chills and fever
- 17 Chick's call
- 22 Bloke
- 26 Play on words
- 27 Mess up 28 Ph. bk. data

- 29 Ball prop 31 Lingerie item 7 Siesta 34 Solidify
- dark?
- 11 Navigator's stack
- 19 That woman
- 23 iPhone download 24 Cattle call?
- 25 Matterhorn, e.g.
- 45 Opposite of 31-Across 46 Carry 48 Eventual aves
- "Metamorphoses
- poet 36 Upper limit 37 Evil 39 Three-card
- scam 40 Dalmatian's name, often
- 41 Use a towel 42 Pinnacle 43 Vacillate 44 Pelvic bones

Sudoku

	9		8	4		5	
			3	2			
3		8			7		2
		3	4	7	1		
7							8
		6	9	8	4		
1		9			5	100	6
			6	9			
	7		5	1		9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

8	7	1	9	6	3	4	2	5	
4	6	3	7	2	5	9	8	1	
2	5	9	4	8	1	3	6	7	
3	4	7	2	1	6	8	5	9	
5	1	2	8	4	9	6	7	3	
6	9	8	5	3	7	2	1	4	
1	8	5	6	9	4	7	3	2	
7	2	4	3	5	8	1	9	6	
9	3	6	1	7	2	5	4	8	

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

KISS

E.B. HAPPY BIRTHDAY XOXOXO... thanks for being the greatest wife and the bestest mom in the whole wide world. Love you tons sweetheart. K.C. X2

Dear Mom, Happy 60th birthday! You are such a wonderful person and definitely the best mother a girl could ask for! I love you so much and hope you have a wonderful day! XOXO TAMMY

Echo, I love having you back in Llanview, with BIG kisses, YOUR DISAVOY

Dear David I love you! omnom-nom-nom!!

Shannon, I wanna feel your love. Right from the bottom of your heart to your hands. Thank you for being so accepting, caring and loving. Je t'aime beaucoup. Happy 6-month anniversary!!

A look at the weather

TODAY Min -22° **△** Max -17°

WEDNESDAY Min -20° Max -19°

THURSDAY Min -25° Max -18°

Andrew Schultz.

Meteorologist "I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather her in Alberta". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 20 It's okay to go off on your own and do your own thing, but don't do it too much or others might start getting a bit suspicious. You don't want them thinking you're up to no good. That's just not true - is it?

¥ Taurus April 21-May 21

Taurus may be one of the zodiac's "fixed" signs but you know how to be flexible when the situation calls for it. It is better to bend in the breeze than get blown away. You'll bend, but you won't break.

II Gemini May 22-June 21 Let someone know that whatever bad blood there may have been between you in the past, it is over and done with and

there are no hard feelings.

Gancer June 22-July 22 You are sensitive by nature but you are also good at putting up the emotional shutters. That's what you have to do over the next 24 hours. Ignore others' comments. They're not worth worrying about.

Ω Leo July 23-Aug.23 Make

things easy today by allowing other people to make decisions for you. Part of the art of leadership is delegation. You don't have to dot every "i" and cross every "t" yourself.

IV Virgo Aug. 24- Sept. 22 Not everyone shares your passion for certain issues, so don't go around trying to convert those who are simply not that interested. It takes all sorts of people to make our world.

 ← Libra Sept. 23-0ct. 23 If you find it hard to get started on

For today's crossword answers and for

expanded horoscopes, go to metronews.ca

► Monday's answer

your work schedule, there is no point pushing yourself. Is what you have to do really so urgent that it must be done immediately? If not, postpone it until you feel motivated.

M Scorpio Oct. 24-Nov. 22 If someone cheats you today

and it costs you money, there's probably not much you can do about it. Put it down to experience and swear that next time you won't be so gullible.

→ Sagittarius

Nov. 23-Dec. 21 How do you know that a friend's cry for help is genuine and not a ploy to get sympathy they probably don't deserve? The answer is: You don't. Help them out anyway.

り Capricorn Dec. 22-Jan. 20 No one will try to stop you if you decide to get away for a few hours today, but before

you head out the door make sure you have completed what you promised to do. Aquarius Jan. 21-Feb. 18

It's not like you to let fear hold

you back, but for some reason you are reluctant to take the kind of risk you usually don't think twice about. Maybe it's your sixth sense trying to warn you. Tread lightly.

H Pisces Feb. 19-March 20 Let others know how much you appreciate their efforts, and let them know how much their support means to you. You can never say "thank you" often enough. SALLY BROMPTON



You WIN! write it! Write a funny cap-

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in Tuesday's



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Royal Solaris Los Cabos Resort All Inclusive & Spa ⊕⊕⊕⊕

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Sunset Jamaica Grande Resort & Spa ***

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Sirenis La Salina Varadero Beach Resort ⊕⊕⊕⊕

All-Inclusive • Standard rm. Jan. 30 - Feb. 13 • 1 wk.

\$1169

Cancun/Riviera Maya Grand Sirenis Riviera Maya

Resort & Spa ⊕⊕⊕⊕⊕

All-Inclusive • Junior suite Feb. 27 • 1 wk.

Gran Bahia Principe Jamaica **⊕⊕⊕⊕**€

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Double quest rm. Feb 13 & 14 • 3 nts

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